

# What Wattage Is My Microwave Oven?

Most recipes for microwave ovens are written for the 700-watt oven. Therefore, if it takes 2 minutes and 30 seconds to boil a cup of room temperature water (approximately 75°F) in your microwave oven, there is no need to convert the cooking times. However, if it takes a different amount of time, you should convert cooking times to your wattage oven. For example, if you have a 1000-watt oven and a recipe calls for you to cook 1 minute 30 seconds, you would use the 1000-Watt Chart at this site to determine that in your oven the correct cooking time is 1 minute 03 seconds.

Presenter

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**Instructions:** Find the amount of time it takes to boil one cup of water in your microwave oven in the first column, "Water Boils." The number next to it under "Oven Wattage" is a close approximation of what wattage oven you have.

Water Boils	Oven Wattage	Water Boils	Oven Wattage	Water Boils	Oven Wattage
05:50	<u>300</u>	02:20	<u>750</u>	01:27	<u>1200</u>
05:23	325	02:15	775	01:26	1225
05:00	<u>350</u>	02:11	<u>800</u>	01:24	<u>1250</u>
04:40	375	02:07	825	01:23	<u>1260</u>
04:22	<u>400</u>	02:04	<u>850</u>	01:21	<u>1300</u>
04:07	425	02:00	875	01:19	1325
03:53	<u>450</u>	01:57	<u>900</u>	01:18	<u>1350</u>
03:41	475	01:54	925	01:16	1375
03:30	<u>500</u>	01:51	<u>950</u>	01:15	<u>1400</u>
03:20	<u>525</u>	01:48	975	01:14	1425
03:11	<u>550</u>	01:45	<u>1000</u>	01:12	<u>1450</u>
03:03	575	01:42	1025	01:11	1475
02:55	<u>600</u>	01:40	1050	01:10	<u>1500</u>
02:48	<u>625</u>	01:38	1075	01:09	1525
02:42	<u>650</u>	01:35	<u>1100</u>	01:08	<u>1540</u>
02:36	<u>675</u>	01:33	1125	01:07	1575
02:30	700	01:31	<u>1150</u>	01:06	<u>1600</u>
02:25	<u>725</u>	01:29	1175	01:05	<u>1625</u>

# Conversion Chart for 1000-Watt Oven

**Instructions:** Find the cooking time indicated in your Microwave Recipe in the first column, "Recipe Time 700 WATTS." The time next to it under "Convert to 1000 WATTS" is the time you should use instead of the one indicated in the recipe.

Recipe Time 700 WATTS	Convert to 1000 WATTS	Recipe Time 700 WATTS	Convert to 1000 WATTS	Recipe Time 700 WATTS	Convert to 1000 WATTS	Recipe Time 700 WATTS	Convert to 1000 WATTS
MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC	MIN:SEC
00:05	00:03	02:35	01:49	05:05	03:34	07:35	05:19
00:10	00:07	02:40	01:52	05:10	03:37	07:40	05:22
00:15	00:11	02:45	01:56	05:15	03:41	07:45	05:26
00:20	00:14	02:50	01:59	05:20	03:44	07:50	05:29
00:25	00:17	02:55	02:03	05:25	03:48	07:55	05:33
00:30	00:21	03:00	02:06	05:30	03:51	08:00	05:36
00:35	00:24	03:05	02:10	05:35	03:55	08:05	05:40
00:40	00:28	03:10	02:13	05:40	03:58	08:10	05:43
00:45	00:31	03:15	02:17	05:45	04:02	08:15	05:47
00:50	00:35	03:20	02:20	05:50	04:05	08:20	05:50
00:55	00:38	03:25	02:24	05:55	04:09	08:25	05:54
01:00	00:42	03:30	02:27	06:00	04:12	08:30	05:57
01:05	00:45	03:35	02:31	06:05	04:16	08:35	06:01
01:10	00:49	03:40	02:34	06:10	04:19	08:40	06:04
01:15	00:52	03:45	02:38	06:15	04:23	08:45	06:08
01:20	00:56	03:50	02:41	06:20	04:26	08:50	06:11
01:25	00:59	03:55	02:45	06:25	04:30	08:55	06:15
01:30	01:03	04:00	02:48	06:30	04:33	09:00	06:18
01:35	01:06	04:05	02:52	06:35	04:37	09:05	06:22
01:40	01:10	04:10	02:55	06:40	04:40	09:10	06:25
01:45	01:13	04:15	02:59	06:45	04:44	09:15	06:29
01:50	01:17	04:20	03:02	06:50	04:47	09:20	06:32
01:55	01:21	04:25	03:06	06:55	04:51	09:25	06:36
02:00	01:24	04:30	03:09	07:00	04:54	09:30	06:39
02:05	01:28	04:35	03:13	07:05	04:58	09:35	06:43
02:10	01:31	04:40	03:16	07:10	05:01	09:40	06:46
02:15	01:34	04:45	03:20	07:15	05:05	09:45	06:50
02:20	01:38	04:50	03:23	07:20	05:08	09:50	06:53
02:25	01:42	04:55	03:27	07:25	05:12	09:55	06:57
02:30	01:45	05:00	03:30	07:30	05:15	10:00	07:00

## One-Layer Chocolate Cake

**EASY**

*Just the right size for one meal and a few snacks.*

- 1 cup all-purpose flour
- 1 cup sugar
- $\frac{1}{4}$  cup unsweetened cocoa powder
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{3}{4}$  cup milk
- $\frac{1}{4}$  cup shortening
- $\frac{1}{2}$  teaspoon vanilla
- 1 egg

Oven 350°

In a bowl combine flour, sugar, cocoa powder, baking powder, baking soda, and  $\frac{1}{4}$  teaspoon salt. Add milk, shortening, and vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for 2 minutes. Add egg and beat 2 minutes more. Pour into a greased and floured 9x1 $\frac{1}{2}$ -inch round baking pan.

Bake in a 350° oven for 30 to 35 minutes or till a toothpick inserted near the center comes out clean. Cool on a rack for 10 minutes. Remove from pan. Cool thoroughly on a rack. Serves 8.

**Microwave directions:** Prepare batter as above, *except* substitute *softened margarine or butter* for shortening. Grease the bottom of a 2-quart ring mold; line with waxed paper. Pour batter into the mold. Micro-cook, uncovered, on 50% power (medium) for 10 minutes, giving dish a quarter-turn every 3 minutes. If not done, cook on 100% power (high) for 30 seconds to 2 minutes more or till surface is nearly dry. Cool on a wire rack for 5 minutes. Invert onto a plate; remove waxed paper. Cool.

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*OR use store-bought  
cake mix and  
follow the microwave  
instructions - using a  
"tube" pan (microwave  
safe)*

## Chocolate-Sour-Cream Frosting

- 1 cup semisweet chocolate pieces
- $\frac{1}{4}$  cup margarine or butter
- $\frac{1}{2}$  cup dairy sour cream
- 2 $\frac{1}{2}$  cups sifted powdered sugar

In a saucepan melt chocolate and margarine over low heat, stirring frequently. Cool about 5 minutes. Stir in sour cream. Gradually add powdered sugar, beating till smooth and of spreading consistency. Frosts tops and sides of two 8- or 9-inch cake layers. Store cake in the refrigerator.

**Microwave directions:** In a 1 $\frac{1}{2}$ -quart casserole micro-cook chocolate pieces and margarine, uncovered, on 100% power (high) for 1 to 2 minutes or till softened, stirring once. Stir till smooth. Cool 5 minutes. Continue as above.

## Crispy Cereal Squares

**FAST**

*Make these in the microwave, too.*

In a medium saucepan combine  $\frac{2}{3}$  cup *light corn syrup* and  $\frac{1}{4}$  cup packed *brown sugar*. Cook and stir till mixture comes to a full rolling boil.

Remove saucepan from heat and stir in 1 cup *peanut butter* and  $\frac{1}{2}$  teaspoon *vanilla*. Stir in 4 cups *crisp rice cereal*.

Press into an ungreased 9x9x2-inch pan. Chill about 1 hour or till firm. Cut into bars. Makes 25.

**Microwave directions:** In a 2-quart casserole micro-cook corn syrup, brown sugar, peanut butter, and vanilla on 100% power (high) for 2 to 3 minutes or till bubbly over entire surface, stirring twice. Stir in cereal. Continue as above.

## Microwave Brownies

*Taste of Home*

1 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup butter or margarine, melted  
 $\frac{3}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  cup baking cocoa  
1 cup chopped walnuts

In a mixing bowl, beat sugar, eggs, vanilla and salt on medium speed for 1 minute. Add butter; beat until blended. Combine flour and cocoa. Gradually add to sugar mixture; mix well. Stir in walnuts. Transfer to a greased microwave-safe 8-in. square dish. Microwave, uncovered, on high for 3-4 minutes, rotating every 1 minute or until a moist area about 1-1/4 in. in diameter remains in the center (when touched, brownie will cling to your finger while area underneath will be almost dry). Cool on a wire rack. Cut into bars.

**Yield:** 9-12 brownies.